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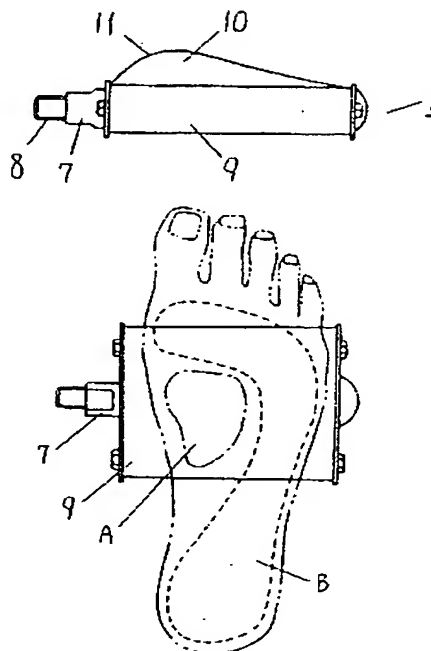
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TITLE : PEDAL



ABSTRACT : PURPOSE: To effectively stimulate only an arch part of a foot by providing a projecting part on a stepping face of a pedal of a bicycle and a bicycle type health machine in such a way that it is positioned on a rotary shaft of the pedal close to a crank supporting the pedal.

CONSTITUTION: In a pedal 1 attached to a free end part of a crank rotatably supported on a frame of a bicycle type health machine in a screw part 8, a projecting part 10 is formed in a part of a pedal main body 9 rotatably supported on a pedal shaft 7 provided with the screw part 8. This projecting part 10 is formed at a position above the pedal shaft 7 and close to a crank 2 side. Consequently, the projecting part 10 is brought into contact with only an arch part A of a foot to effectively stimulate a weak point of the arch part of the foot by this projecting part 10. Moreover, a projecting part 10 is not provided in a ground contact part B of a foot so that unnecessary pain does not occur.

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